

# STRETCHING

## DYNAMIC



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



SHOULDERS & UPPER BACK



CHEST



CORE & LOWER BACK



OBLIQUES



LOWER BACK



LOWER BACK, HIP & HAMSTRINGS



CORE & LOWER BACK



LOWER BACK, HIP & HAMSTRINGS



HIP ADDUCTORS, ABDUCTORS & GROIN



QUADRICEPS



CALVES

• 10-15 reps • Use full range of motion in smooth moves • Stop if you feel pain

# Dynamic Stretching Guide

**Samuel Franklin Emmons**



## **Dynamic Stretching Guide:**

## Enjoying the Track of Expression: An Mental Symphony within **Dynamic Stretching Guide**

In a world eaten by screens and the ceaseless chatter of instant communication, the melodic splendor and psychological symphony produced by the written term usually disappear into the back ground, eclipsed by the relentless sound and disruptions that permeate our lives. But, nestled within the pages of **Dynamic Stretching Guide** a stunning fictional value full of natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, this charming masterpiece conducts visitors on a psychological journey, skillfully unraveling the concealed songs and profound impact resonating within each cautiously crafted phrase. Within the depths with this moving evaluation, we can explore the book is key harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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